



Referee Guidance

What You Need to Have

- Whistle
- Watch or cell phone to keep time
- Scorecard - tablet will be located in the shed
- Pencil/pen
- Water bottle

Make a Good First Impression

- Know the rules of the division you are refing.
 - Coaches resources can be found at <https://www.dickinsonsoccer.com/page/show/6253034-coach-resources>
- Arrive to the field at least 10 minutes before the game
- Greet each coach and introduce yourself
- Start the game on time

Pre-Game

- Walk the field and look for any major holes or debris (twigs, garbage, rocks) that needs to be removed.
- Goals are located in the proper position
- Identify a ball to be used during the game
- Ask any spectators closer than 3' from the field to back-up for their safety and the safety of the players

Game Times

	Period Type	Period Length (min)	Breaks between Periods
U5	Four Quarters	8	2 minutes
U6	Four Quarters	8	2 minutes
U8	Halves	20	5 minutes
U10	Halves	25	3 minutes
U12	Halves	25	3 minutes

During the Game

- Each team will have the opportunity to kickoff the half. (IE-Team A kicks-off for 1st half and Team B kicks-off for the 2nd half).
 - **U5/6 do not change sides at the half.**
- **Goal kick:** a restart of play where the ball is kicked out-of bounds across end line and is last touched by the attacking team. The kick is awarded to the defending team.
 - **Buildout line:** (RV 2)

- **U6-U8:** All players must return to the half line before the goal kick can occur. Once the kick has occurred the opposing team can cross the build out line and play resumes as normal.
- **U9-U10:** There will be a build-out line. The half line will be designated the “build out” line
 - When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
 - Once the opposing team is behind the build out line, the goalkeeper can pass, throw, or roll the ball into play (**punts and drop kicks are not allowed**).
 - After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
 - The opposing team must also move behind the build out line during a goal kick until the ball is put into play.
 - If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.
 - If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
 - Players can be penalized for an offside offense between the build out line and goal line.
 - Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line, however, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
 - **U11-U18:** no build-out line.
- **Corner kick:** a restart of play where the ball is kicked out-of-bounds across the end line and is last touched by the defending team. The kick is awarded to the attacking team.
- **Kickoff:** the method of starting each half or restarting it after each goal from the center spot.
 - Players receiving the ball must stand outside the circle
- **Throw-in:** a type of restart where a player throws the ball from behind their head with both hands while standing with both feet on the ground behind a sideline. It is awarded to a player on the team opposite the team that last touched the ball before it crossed the sideline.
- **Free kick:** a free kick is awarded for a foul or handball committed by the opposing team. Opposing team must be 5 yards from the placement of the ball prior to the free kick.
 - A goal can be scored directly from this kick without it touching another player for U9 and up age groups.
 - **U6-U8 level, if a foul occurs in the goal box the ball will be moved to a penalty spot 5 yards from the center of the goal and a free direct kick to the goal will be awarded. The defense shall be required to be outside of the box and behind the ball and no closer than 5 yards from the player taking the direct kick. Fouls include intentional handballs & intentional heading**
 - **HANDBALL:** If it is an accidental handball, don't call it. Just let them keep playing. If it is an intentional handball, you can call it.
 - **HEADING:** If it is intentional heading in the box you will follow the rule above, otherwise any other intentional heading, a free direct kick will be rewarded to the opposing team from the place of the foul.
- If there is any major pushing or physical contact during play. A free kick will be awarded from the place of the foul. Straight arm out against another player will be considered pushing.

- Move up and down the field with the team. Don't just stand in one spot
 - Blow clear and sharp whistles. Use the whistle to communicate control. This is extremely beneficial for children of all age groups.
 - Use hand signals to indicate the direction of play after a dead ball.
 - Be decisive in your calls.
 - Be mindful during dead balls that subbing could be occurring.
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- **Slide tackling:** Slide tackling is **NOT** allowed for age groups U5-U12
 - If a player slide tackles, the team will be given a yellow card warning and this will apply to the team not individual player who committed the foul.
 - Second team offense it will be called a foul and the opposing team will be awarded a free direct kick from the spot of the foul.
 - Third team offense, the opposing team will be awarded a free penalty kick.

After the Game

- Indicate for each team to line up and shake hands
- Complete the scorecard and write in the score of the game on the score sheet located in the shed. The scored game will give you credit for reffing so you get paid for that game.
- If there is a game following yours, assist in clearing people off the field so the next teams are able to warm-up.
- Kindly remind coaches to pick-up any garbage left behind

Additional Guidance for U6 and U8 Groups

- Goalies are not allowed for U6 or U8. Teams are allowed to have defenders, they are just not allowed to use hands.
- **With these age groups, you will need to provide on-field guidance to the players while reffing. They are still young and there may be some first-time players.**

Calls to be made for U10 & U12 Groups

- Offsides
- Hand balls
- Illegal throw ins (show them what to do & give them a second chance)
- Pushing
- Build out line for U10 (half line) will be used anytime for a goal kick (see rules above in During the Game section)
- U10 goalies must throw or roll the ball out, no punt kicking (U12 & up can punt kick the ball)

Special Circumstances

- If hot temperatures are a concern (typically 80+), periods can be changed from halves to quarters to allow for extra water breaks. Ensure both coaches are aware of this prior to the start of the game.
- If one team does not have the minimum number of players for a game, the game can still proceed but it will be a forfeit by that team. If teams are willing, they can share players so a scrimmage can still occur.

- If two teams are very close in color, you can have one of the teams utilize pennies to differentiate the two teams. This can be very confusing especially for the U6/U8 groups.

Dealing with Difficult People

- Remain calm. If someone is hollering at you, don't yell back. If it is a coach or player, speak respectfully and don't raise your voice.
- If a coach oversteps the boundaries of the game and begins to make comments personal or abusive, you must address it. Slowly and calmly walk over to the coach. In a polite and respectful way, inform the coach that this type of behavior is unsporting and continuing with this type of conduct will result in their removal from the game. If behavior continues, stop game, and ask the coach to leave. If the coach refuses to leave, give the coach a warning that if they don't leave, you will in the game. If the coach does not leave in a reasonable amount of time (60-90 seconds), end the game. Promptly notify Risa at 701-290-9624 if this should occur.
- If you have a difficult player dissenting or doing something else to disrupt the game, at at stoppage of play, let the player know that kind of behavior is unacceptable. If the player still insists on being difficult, use a well-delivered warning to let them know that you have just about reached the limit of what you are going to take. It is often helpful to let the coach know the behavior is wearing. Give the coach a short period of time to address the situation (30-60 seconds) to correct the situation. If the bad behavior continues, issue a second caution and then a send off (red card).
 - Remain calm when talking to players, but be firm in your voice and decisions.
 - Don't yell and never use foul or abusive language
 - Listen to what players are saying. Allow a few second to vent before calling it dissent. This tactic lets the player know you are willing to listen to them up to a certain point. This should not go on often in a game nor last more than a few seconds. If it gos on longer, you must deal with it.
- If you have difficult spectators, do not get into discussions or arguments with them. If poor behavior persists, get the coaches involved. As them to speak to the offending spectator and let the coach know that if the behavior persists, the game will end. After talking to the coach and the behavior persists, ask the coach to have the spectator leave the area. If the spectator refuses to leave, tell the coach that the game will end if the spectator doesn't leave. Give the coach a reasonable amount of time (60-90 seconds) to deal with this situation. If the spectator does not leave, end the game.
Promptly notify Risa at 701-290-9624 if this should occur.
- ALL coaches have been notified that there is a **ZERO** tolerance policy towards arguing or bullying the referee's. They are encouraged to notify their parents of this policy as it will include them as well.